

## CLAIMS:

1. A skate boot for enclosing a human foot, the human foot having a forefoot and a front ankle portion, said skate boot having a tongue comprising:
  - 5 a) a first section covering the forefoot of the foot;
  - b) a second section connected to said first section via a flexing zone, said flexing zone enabling said second section to be movable between a first position and a second position in relation to said first section, wherein
    - 10 i) in said first position, said second section covers a portion of the front ankle portion of the foot; and
    - ii) in said second position, said second section overlaps a portion of said first section.
2. A skate boot as defined in claim 1, wherein said first section, said second section  
15 and said flexing zone are integrally formed.
3. A skate boot as defined in claim 2, wherein said first section is of a first thickness, said second section is of a second thickness and said flexing zone is of a third thickness, wherein said third thickness is less than said first thickness and  
20 said second thickness.
4. A skate boot as defined in claim 3, wherein said flexing zone comprises a V-shaped groove.

5. A skate boot as defined in claim 4, wherein said second section comprises at least one flexing region for enabling said second section to expand laterally as it moves from said first position to said second position.
- 5 6. A skate boot as defined in claim 5, wherein said flexing region is of a fourth thickness, wherein said fourth thickness is less than said first thickness and said second thickness.
7. A skate boot as defined in claim 6, wherein said flexing region comprises a  
10 groove extending substantially perpendicular to said flexing zone.
8. A skate boot as defined in claim 4, wherein said tongue is formed of multiple layers of material.
- 15 9. A skate boot as defined in claim 8, wherein said tongue comprises a first layer attached to a second layer.
10. A skate boot as defined in claim 9, wherein one of said first and second layers is made of foam.
- 20 11. A skate boot as defined in claim 9, wherein both said first and said second layers are made of foam.

12. A skate boot as defined in claim 11, wherein said first layer comprises an inner surface facing the foot, said first layer having a first density, said second layer having a second density, said second density being greater than said first density.
- 5 13. A skate boot as defined in claim 11, wherein said foam is selected from the group consisting of ethylene vinyl acetate (EVA) foam, polyethylene foam, ethylene polypropylene foam and polyurethane foam.
14. A skate boot as defined in claim 8, wherein said first section, said second section  
10 and said flexing zone are integrally formed.
15. A skate boot as defined in claim 14, wherein said first section is of a first thickness, said second section is of a second thickness and said flexing zone is of a third thickness, wherein said third thickness is less than said first thickness and  
15 said second thickness.
16. A skate boot as defined in claim 15, wherein said flexing zone comprises a V-shaped groove.
- 20 17. A skate boot as defined in claim 16, wherein said second section comprises at least one flexing region for enabling said second section to expand laterally as it moves from said first position to said second position.

18. A skate boot as defined in claim 17, wherein said flexing region is of a fourth thickness, wherein said fourth thickness is less than said first thickness and said second thickness.
- 5 19. A skate boot as defined in claim 18, wherein said flexing region comprises a groove extending substantially perpendicular to said flexing zone.